



JULY 2021

# THE CENTER POST

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FRIDAY, JULY 2, 12:45 PM

## INDEPENDENCE DAY POPSICLE PARTY

Wear your red, white and blue as we celebrate our freedom with popsicles and trivia!

FRIDAY, JULY 23, 8:30 AM

## OLYMPIC OPENING CEREMONY WATCH PARTY

We'll provide the Olympic Rings (bagels & donuts), you bring your national pride as we cheer on Olympians from around the world!

## HAPPY HOUR

Meet us out for a fun time!

Monday, July 12 at 4:30 PM –

**Brews & Barrels**

Wednesday, July 28 at 4:30 PM –

**Firebirds**

MONDAY – FRIDAY, JULY 26 – 30, 12:30 PM

## A WEEK OF HOLIDAYS

We missed so many holidays together during the pandemic. Let's celebrate them all in one week!

Monday	Tuesday	Wednesday	Thursday	Friday
Valentine's Day	St. Patrick's Day	Halloween	Thanksgiving	Christmas, Hanukkah, & Kwanzaa

MONDAY - FRIDAY, JULY 6 – JULY 30

## VIRTUAL EXERCISE CLASSES

Take one class or take them all! Register online and you will receive a Zoom link that lets you participate in a month's worth of classes for one price.

**Members { \$25 } Non-members { \$35 }**

Time	Monday	Tuesday	Wednesday	Thursday	Friday
9 a.m.			ZOOMba Dance		ZOOMba Dance
10 a.m.	Fit 4 All	Stretch & Strengthen	Fit 4 All	Stretch & Strengthen	Fit 4 All
11 a.m.	Exercise with April	Weight Training		Power Stretch	Weight Training

THURSDAYS AT NOON

## LUNCH AT THE CASEY FARMERS MARKET

Meet for lunch at the Casey Farmers Market and then see what the farmers have to sell this week. Bring your own lunch or buy from a food truck. Shaded tables and chairs are available.

THURSDAYS, JULY 8 AND  
AUGUST 12 AT 2 PM

## BOOK CLUB

Marisa Young leads a thoughtful discussion about the Book of the Month.

**July:** "Killers of the Flower Moon: The Osage Murders and the Birth of the FBI" by David Grann

**August:** "Kingdom of the Blind" by Louise Penny

MONDAYS, JULY 12 –  
AUG 2, 2:30 – 4 PM

## CREATE A ONE-PERSON SHOW (VIRTUAL CLASS)

Create a one-person show and tell your story. Classes include acting & writing techniques, exercises & questions to deepen one's work, monologue creation, rehearsal & performance techniques, and guidance. Create from home or come to the Center and take the class on our computers.

Fee { \$75 }

TUESDAYS, JULY 20 –  
AUG 31, 1 – 2:15 PM

## BEGINNERS KNITTING

Learn the foundations of knitting, including three basic stitches, how to read patterns, and the art of casting on stitches. Participants will receive a list of materials to purchase in advance to complete two class projects.

Fee { \$46 }

TUESDAYS, SEP 14 – NOV 2,  
12 – 1 PM

## HATHA YOGA

Instructor Jane Stelbourn is back with even more techniques to share. This class offers instruction on yoga poses, somatic breathing and movement, healthy/happy back therapy, and meditation. Learn proper and safe alignment. Modifications offered to suit your own body and ability. Dress comfortably. Bring your own mat or use one of ours. Yoga mats are recommended.

Fee { \$75 }

TUESDAY, AUG 3, 12 – 1 PM

## TRY IT BEFORE YOU BUY IT CLASS: HATHA YOGA

Not sure if Hatha Yoga is for you? Take a sample class to help you decide.

FREE!

WASHINGTON, DC  
MONDAY, AUG 9, 10:30 AM – 3 PM

## GALLOPING GOURMETS TO WASHINGTON RESTAURANT WEEK

It's time for DC's annual Restaurant week! Choose from a variety of participating DC restaurants for lunch on your own.

Fee { \$17 } ... Deadline { AUG 4 }

COLUMBIA, MD  
WEDNESDAY, AUG 11,  
9:45 AM – 4:30 PM

## "ELF" AT TOBY'S DINNER THEATRE

"Elf" the Musical is the hilarious tale of Buddy, a young orphan who mistakenly crawls into Santa's bag of gifts and is transported to the North Pole. Unaware that he is actually human, Buddy's size and poor toy-making abilities cause him to face the truth. Buffet lunch and tip included. Sodas and specialty drinks are on your own.

Fee { \$75 } ... Deadline { JUL 12 }

BALTIMORE, MD  
MONDAY, AUG 16, 9:30 AM – 4 PM

## BALTIMORE MUSEUM OF INDUSTRY

History comes alive on our guided tour of the Baltimore Museum of Industry. Through exhibits, collections and artifacts, learn about Maryland industries and workers and how innovation fuels progress. Afterwards we stop for lunch on your own at Little Havana or Di Pasquale's Harborview.

Fee { \$25 } ... Deadline { AUG 4 }

WASHINGTON, DC  
THURSDAY, AUG 26,  
10:30 AM – 3 PM

## YEAR OF THE SANDWICH TOUR STOP #1 – GRAZIE GRAZIE

No other food varies as widely as sandwiches. We're setting out on a yearlong quest for the area's best sandwiches. First stop: Grazie Grazie at the Wharf. The Russoniello sandwich has been named one of the 25 Best in DC. Try it for yourself or feel free to visit one of the many nearby restaurants.

Fee { \$17 } ... Deadline { AUG 4 }

THURSDAY, JULY 1 - FRIDAY, JULY 30

## WEEKLY PROGRAMMING

\*Hybrid Class (in-person instructor or take the class online)

#Online Class (you can attend the class at the BGC but the instructor will be virtual)

<b>Mondays</b>	<b>Tuesdays</b>	<b>Wednesdays</b>	<b>Thursdays</b>	<b>Fridays</b>
10 AM <b>Fit 4 All*</b>	10 AM <b>Stretch &amp; Strengthen*</b>	9 AM <b>Zumba#</b>	10 AM <b>Stretch &amp; Strengthen*</b>	9 AM <b>Zumba#</b>
11 AM <b>Exercise w/ April#</b>	11 AM <b>Weight Training*</b>	10 AM <b>Fit 4 All*</b>	11 AM <b>Power Stretch*</b>	10 AM <b>Fit 4 All*</b>
11 AM <b>Coloring Book</b>	12:30 PM <b>Bridge</b>	1 PM <b>Crochet</b>	12 PM <b>Farmers Market Metup</b>	11 AM <b>Weight Training*</b>
12:30 PM <b>Embroidery</b>	12:30 PM <b>Mah Jongg</b>		12:30 PM <b>Bridge</b>	12:15 PM <b>Quilting</b>
1 PM <b>Bingo</b>			1 PM <b>El Club de la Amistad</b>	12:30 PM <b>Mah Jongg</b>
			1 PM <b>Movie Afternoon</b>	1 PM <b>Bingo</b>

## DROP-IN PROGRAMS

All drop-in exercise classes, bingo, and coloring book club fees are \$2 per class, or you can purchase a 10 punch pass for \$15.

If you are a Virtual Exercise Package participant, you can attend the exercise classes in person or online.

## NUTRITION AND TRANSPORTATION PROGRAMS

The Nutrition and Transportation programs will restart on July 6.

Please call the office at 301-258-6380 to learn about our new Nutrition Program procedures and to make reservations.

Make sure to check  
**[www.gaithersburgmd.gov](http://www.gaithersburgmd.gov)**  
often to stay up to date on the latest offerings.

If you have not been receiving the weekly Benjamin Gaither Center e-mails, sign up under E-Newsletters on the website.

If you need any help signing up for programs, as always reach out to us at the  
**BGC – 301.258.6380** or  
**[BenjaminGaitherCenter@gaithersburgmd.gov](mailto:BenjaminGaitherCenter@gaithersburgmd.gov)**

We check messages and e-mails daily.

**JULY 2021**



# July 2021

The Benjamin Gaither Center  
gaithersburgmd.gov | 301.258.6380

Monday	Tuesday	Wednesday	Thursday	Friday
			<b>1</b>	<b>2</b>  12:45 PM Popsicle Party
<b>5</b>  Closed	<b>6</b>	<b>7</b>	<b>8</b>  2 PM Book Club	<b>9</b>
<b>12</b>  4:30 PM Happy Hour	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>
<b>19</b>	<b>20</b>  1 PM Beginners Knitting	<b>21</b>	<b>22</b>	<b>23</b>  8:30 AM Olympic Opening Ceremony
<b>26</b>  Valentine's Day	<b>27</b>  St. Patrick's Day  1 PM Beginners Knitting	<b>28</b>  Halloween  4:30 PM Happy Hour	<b>29</b>  Thanksgiving	<b>30</b>  Christmas Hanukkah Kwanzaa